

Castor Oil Packs for Pelvic Pain

Scan here for instructions on making your own castor oil pack

Benefits



Benefits of Castor Oil Packs

Castor oil packs may help relieve symptoms of endometriosis and pelvic pain by boosting circulation, reducing inflammation, and easing discomfort throughout the pelvis and low back. Castor oil contains ricinoleic acid, a fatty acid with strong anti-inflammatory and analgesic properties that can penetrate deeply into the tissues, helping to soften masses and blockages while increasing blood flow. This improved circulation may support your body's ability to flush out obstructions and adhesions. In addition to physical benefits, castor oil packs offer a calming self-care ritual that encourages relaxation, which may help reduce stress, depression, and anxiety. They are also inexpensive and easy to use at home, making them accessible for most people.

We love this mess free kit!



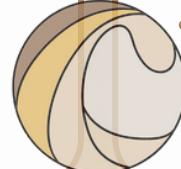
Someday's Mess-Free Castor Oil Pack Kit



Do NOT Use if you are currently...

(OR consult with a medical professional First)

- Pregnant
- Breastfeeding
- Menstruating
- IUD in Place
- Internal Bleeding
- Open wounds or abdominal infections



TIDAL
PHYSICAL THERAPY